

The Sourdough

S E N T I N E L

Dec. 2, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 48

Food for the troops



- Pages 12-13

PHOTO BY AIRMAN 1ST CLASS GARRETT HOTHAN

Deployed Thanksgiving



PHOTO BY STAFF SGT. RHIANNON WILLARD

Clockwise from above: Tech. Sgt. Karl Smith, 379th Expeditionary Communications Squadron, deployed from Elmendorf, enjoys the Thanksgiving feast for troops deployed to Southwest Asia. Chief Master Sgt. Jeffrey Cowardin, 386th Operations Group and Senior Master Sgt. Patrick Julian, 386th Expeditionary Communications Squadron, deployed from Elmendorf, serve troops a Thanksgiving meal at a deployed location. Senior Airman Andrea Cantatore, 379th ECS, deployed from Elmendorf, eats a Thanksgiving meal in Southwest Asia.



COURTESY PHOTO



PHOTO BY AIRMAN 1ST CLASS DE-JUAN HALEY



Brig. Gen. Hawk Carlisle
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done? The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

- Key phone numbers:**
Col. Mike Hass, 3rd CES/CC
552-3007
Lt. Col. Mark Allen, 3rd SVS/CC
552-2468
Lt. Col. Brett Meyer, 3rd SFS/CC
552-4304



Senior Master Sgt. Stephen Lee, Tech. Sgt. Howard Feinstein, Airman 1st Class Nathan Delgado and Airman 1st Class Robert Aten, 3rd Communications Squadron video section team, documented the President's visit and speech. Over 200 man-hours were dedicated during the planning and execution of an innovative four-camera live-switch and remote feed to a projection system. Their efforts virtually eliminated editing and reduced product turnaround time from four days to seven hours and also provided an instantly available audio backup when a White House Communications Agency recording failure occurred.

The 3rd Equipment Maintenance Squadron munitions flight, displayed amazing technical skill and ability to react to short notice mission changes by building and delivering 600 countermeasure munitions for the presidential visit. Upon notification the flight sprang into action, requisitioning, building, and delivering the munitions to awaiting combat alert aircraft in only five hours; ensuring 3rd Wing pilots the ability to defeat any hostile threats to themselves and the President of the United States.

The 3rd Civil Engineer Squadron structures element, performed above and beyond in support of the visit by President George W. Bush. In four days, they constructed and barricaded five stages and decorated Hangar 1 for distinguished visitors and the press for this first-class event. They worked closely with White House and Secret Service staff, surpassing all safety requirements, and employed 37 military and 17 civilians who worked 568 hours of overtime.

DUI offenders supposed to change board daily

Q: I have noticed on several occasions that the DUI boards at the front gate go unchanged for days at a time. Most recently it went unchanged for five days and then three days. When I did see the Airman change the board, he was goofing off with a fellow Airman next to him. It was obvious that these two Airmen did not show the proper military bearing and understand the seriousness of the situation they were in. It also appears that the units are not making these people who commit such reckless acts change the boards on a daily basis as they should. I understand that some units are busy or undermanned, but it is still the responsibility of that member's

commander, shirt, or even his or her supervisor to ensure that they comply with the consequences that follow. I have seen many Airmen receive Article 15s for DUI's and other alcohol related incidents. I hate seeing that our alcohol problems on this base aren't decreasing. I just PCS'd from Sheppard Air Force Base, Texas, where they made all DUI offenders change the boards everyday (including weekends and holidays) in their service dress and they did it by themselves. Just the appearance of the person in service dress changing the board seemed more serious to those who were passing through the gate. Hopefully our alcohol incidents

will soon decline, but in the mean time every detail counts when it comes to the gravity of our problem. **A:** Thank you for taking the time to point out this problem. It is our intention for this program to be taken seriously and daily updating of the signs is a must. We've contacted all of the first sergeants and reiterated our policy that the signs must be changed by 7:30 a.m. daily by the offenders or by someone from their unit if they are unavailable. We considered your recommendation to post in service dress, but decided that the lost duty time spent changing from one uniform to another was not warranted.

The Sourdough
SENTINEL

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Best in DoD 2000
Best in Air Force
1999, 2000 & 2001
Best in PACAF
1998, 1999, 2000 & 2001

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3rd Wing Moment in History
Nov. 27-28, 1950:

The 3rd Bombardment Group flew close air support night missions over Korea in support of the 25th Infantry Division.



Top Alaska commander clear on priorities

By Master Sgt. Tim Hoffman

Alaskan Command Public Affairs

Mission, people and community are the top priorities for the new commander of Alaskan Command, Alaskan NORAD Region, Joint Task Force – Alaska and 11th Air Force.

“These priorities are pretty straightforward,” said Lt. Gen. Douglas M. Fraser, who took command Oct. 11. “The mission is what we are here to do,” said the general. “For the Alaskan NORAD Region it’s to defend the northern approaches to North America and maintain air sovereignty over the State of Alaska.”

When boiling down the many missions of 11th Air Force the general said the bottom line is: “We need to train and prepare our forces, so they are ready to deploy whenever and wherever the secretary of defense or the president directs.”

Alaskan Command coordinates the many military activities in the state, but when it comes to wartime, the command “needs to be able to support a throughput mission if something happens in the Pacific,” said the general. “We would become a logistics hub here because of the strategic location of Alaska.”

For JTF-Alaska a wartime mission is unlikely, but their mission is critical because “we need to work with local, state and federal agencies to coordinate our efforts should there ever be any human-made or natural disaster,” said General Fraser.

“As you can see, we have a big mission, a complex mission – so we have to stay focused.”

The clarity and execution of the

mission is the responsibility of the general’s equally important priority: People.

“We have to have great people if we are going to do this big, complex mission,” said General Fraser. “We do the mission better, from my standpoint, when we enable and empower people to do their jobs in the best way they can.”

In order to empower workers “we need to provide them with the facilities, training and educational opportunities to do the job,” said General Fraser.

The one people area the general would like to improve immediately is taking better care of each other both on and off duty.

“We all talk about scarce resources – not having enough time or not having enough funding to do the job. So, if we allow someone to hurt themselves or to cause others harm, it hurts our ability to do the mission and puts the burden on somebody else. We train in combat to take care of one another – well that applies no matter where we are and we need to do a better job of looking out for each other both on and off duty.”

The other people area the general is extremely concerned about is taking care of families.

“We need to support our families, especially as they bear a bigger burden during more frequent deployments,” said the general. “We ask a lot of our families and we need

to support them. I’m not sure what is the best way to do that, but I’m looking for ideas – what can we do? What will make a difference for families of deployed personnel? If we work together, I’m sure we will find better ways to help them.”

Community is the other priority for the new commander.

“Communities are important because for many of our people, their assignment to Alaska may be the

first time they are stationed away from the lower 48,” said General Fraser. “It’s important that we build internal communities within and across our installations to provide support to those families

who are so far away from home.

“Here in Alaska, we are lucky because the local community has a great history of supporting the military. They bend over backwards to embrace the military and bring us into their communities. They support us and thank us for what we are doing. I find wherever I go in the state that the military members are willing to give to the community, and the community is gracious in supporting the military; that makes for a great relationship.”

To tie the mission, people and community together “we have to develop good communication among all our forces here in Alaska,” said General Fraser. “We also must have good dialogue with the federal, state and local agencies. We are going

to have a very hard time predicting exactly what might happen, so it’s going to be the relationships and the understanding of each other’s capabilities that will really prepare us for whatever might come our way.

“I want to emphasize that I’ll rely on our great people because they understand the mission and they take care of the mission; however, we must communicate effectively. I, and every commander, rely on our people to keep us advised when we need to pay attention to an issue,” said the general. “Here, I look to Alaskan Command to be that organization that will foster that communication, coordination and cooperation among all the joint activities in the state. The individual components will feed in and enable us to get our mission accomplished. At the next level I expect garrison, brigade and group commanders to work very closely and cooperatively with one another to find the right solutions for all of us here in Alaska.”

The general, who left his last assignment at Elmendorf in April 2002, is excited about the positive changes he sees now.

“The privatized housing was just underway and the support infrastructure for the C-17 was just a glimmer on the horizon,” said General Fraser. “Now we have hundreds of new housing units and new facilities for the C-17. Also, when I left the Army was reducing force structure in Alaska. Now, the opposite is happening – in the very near future, the Army will field three brigades in Alaska. Much of this goes back to our people – when we empower people and listen to them, we do great things.”

First Airmen graduate from Army interrogator school

By Staff Sgt. Julie Weckerlein

Air Force Print News

More than 90 Airmen stood next to Soldiers when the first “bluesuiter” graduated from the U.S. Army Intelligence Center’s interrogator school at Fort Huachuca, Ariz.

The Airmen – with youth ministers and Scout leaders in their midst – graduated Nov. 10. The Airmen volunteered after the Army asked the Air Force to help it meet its continuing need for qualified interrogators.

“(I volunteered for this) because I wanted to go out, talk to the bad guys and really make an impact by getting information and details needed to fight the Global War on Terrorism,” said Will, from Eglin Air Force Base, Fla.

The graduation won’t be the last Airmen will attend at the school. The Air Force will recruit more volunteers for the course next year. The Air Force Personnel Center and the Air and Space Expeditionary Center will release information on how to volunteer to Military Personnel Flights and deployment managers.

Training with the Army was a new experience for most of the Airmen. Though they learned many lessons in the classroom setting, they learned others by strapping on heavy equipment and setting out into the desert.

Training with Soldiers has “definitely been eye-opening,” said Jeffrey, from Ramstein Air Base, Germany. “It was different than I expected, and not in a negative way.”

He said the physical standards are not what most Airmen would expect.

“We went on long marches through the moun-

tains – fully armed – as part of our field training,” he said. “But (all the Airmen) adapted well to it.”

Fitting into a different military culture provided a common ground for the Airmen to branch out and establish relationships with their Army brethren. It was a process made easier by the support they received, said the commander of the 314th Training Squadron at Fort Huachuca, the Airmen’s commander during training.

“There is a difference in culture being an Air Force unit on an Army post – as to be expected,” he said. “But it’s been a very good experience. I’ve been very pleased with the support we’ve gotten from the Army – from field training to providing equipment.”

The commander said the Army is helpful and enthusiastic about having Airmen becoming a part of the team.

The Airmen interrogators are looking forward to their upcoming deployments, even though they will extend past the Air Force’s “usual” four-month rotation.

However, it’s a job they are anxious to do, said Neil, from Andrews AFB, Md.

“When you get right down to it, it’s the person-to-person contact that yields the most information in the field,” he said. “What we get from interrogating can’t be gained from satellites.”

The need for interrogators will continue. And Airmen in all career fields are eligible to attend the course.

“We look for seasoned Airmen – senior airman and up – who are good analytical thinkers and very involved with what they do,” the squadron commander said.

He said the first graduates are some of the best



PHOTO BY TECH. SGT. SCOTT T. STURKOL

Airmen participating in the Combat Interrogator Course 06-1 practice a close quarter combat maneuver at a tactical area. The Air Force Personnel Center is looking for senior airman and up to participate in the next Combat Interrogator Course.

out there, and that they’ve already proven themselves as joint team players.

“The Army asked for Air Force support, so we’re certainly providing that,” he said. “The focus was integrating the Air Force with the Army as a coordinated team, which we were very successful in doing.”

For information on volunteering for Iraq Interrogator duty, check equal plus under the Assignment Management System.

Editor’s note: Due to the sensitivity of the interrogators’ mission, rank and last names are not used.

New program geared toward preventing drunk driving

By Staff Sgt. Francesca Popp
3rd Wing Public Affairs

Operation Safe Ride will get Elmendorf Airmen home safely when their backup plan fails after a night out.

The 3rd Wing initiative will provide troops an additional resource for transportation in the event they find themselves needing a ride home after consuming alcohol, said Master Sgt. Grant Jones, 962nd Airborne Air Control Squadron first sergeant.

This program can also be used as an alternative to calling Airmen Against Drunk Driving, but it does cost. It is intended to provide a person with a ticket home, which is payable at a later time.

“Even if you spend all your cash during your night out, you can get a safe ride home,” he said.

This program originally began with separate units running their own version. However, over time those programs fizzled out. The need to re-energize this program was recognized by the Elmendorf First Sergeant’s Council and the wheels were put in motion.

“Operation Safe Ride is intended as a backup should the plan go wrong,” Sergeant Jones said. “If our troops plan well and execute that plan, this program will never get used. However, even good plans occasionally fail.”

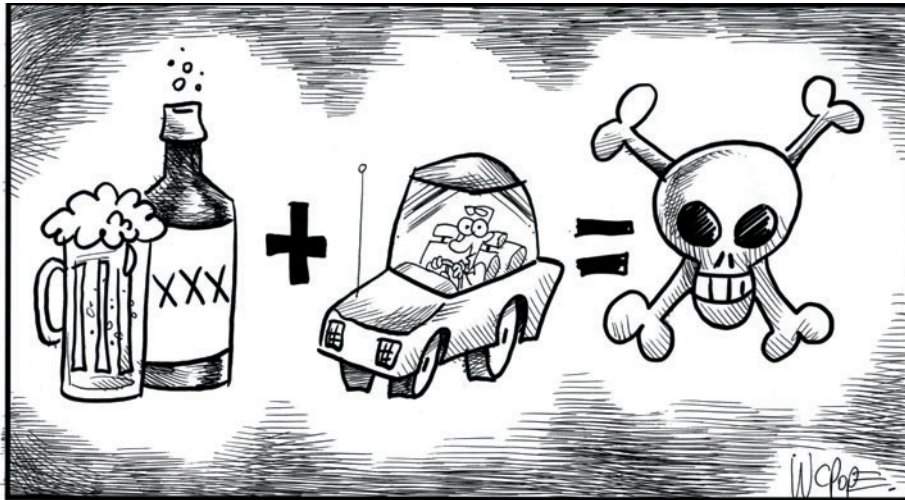


ILLUSTRATION BY MASTER SGT. W.C. POPE

Unit first sergeants will oversee this wing initiative. The first sergeant will issue each active-duty member an Operation Safe Ride card. Sergeant Jones said the member’s name and unit will be printed on the card at time of issue, and the first sergeant will sign the card.

Sergeant Jones said there is no cost for the card itself. However, the member will be responsible to pay the bill from the company they used – either Alaska Cab or Checker Cab.

“Alaska Cab is very happy to be a part of Operation Safe Ride. We support any program that encourages people to not drink and drive, and are happy to help those who can not drive get home safely,” said Regina Doyle, Alaska Cab office manager.

To use the card, the member would call the number printed on

the front of the card. When the cab driver picks the member up, that person would give the card to the driver. The military member must present a valid identification card to verify the Operation Safe Ride card was issued to the user.

“(In turn, the driver will) attach the card to the invoice, which is then billed to the member through the Elmendorf First Sergeant’s Council, a private organization,” he said.

Operation Safe Ride will provide the service in accordance with the cab company’s current business practices. “The card is simply a delayed billing program for our members,” Sergeant Jones added.

Ms. Doyle added that there are a limited number of cab drivers allowed on base.

“(Base officials) have a list that is

generated monthly and only the drivers on the list for that month may go on base to pick up or drop off,” she said. “It’s important when a customer is off base wanting to return to the base that they inform dispatch they will be going to Elmendorf. This is so they do not get in a cab that can’t go on the base that month. It may cause a delay in trying to get them another cab or sometimes being left at the gate.”

Additionally, Sergeant Jones stressed that people who are issued a card must safeguard it to prevent any unauthorized use. “If the card you are issued gets out and is used by someone else, you will be liable for the charges incurred,” the sergeant said.

Active-duty members who decide to use this service won’t be scrutinized. “We as leaders should stress that our members should use this service or AADD rather than getting behind the wheel of their vehicle,” Sergeant Jones said. “We can’t do that if we begin to punish our troops for doing the right thing.”

Sergeant Jones referred to a statement used by Brig. Gen. Carlisle, 3rd Wing commander, “Always have a wingman, a plan, and a backup for both.”

Active-duty members can begin using Operation Safe Ride once they receive a card from their first sergeant.



PHOTO BY CAPT. ROBERT LUNDEN

Thumbs up for freedom

Local Afghan boys give thumbs-up as Senior Master Sgt. John Jones, 455th Expeditionary Security Forces Squadron, provides overwatch protection in the background during an Adopt-A-Village visit in Afghanistan Nov. 23. Airmen from nearby Bagram Air Base distributed more than 1,000 pounds of supplies to the local village. Sergeant Jones, a native of Winnfield, La., is deployed from Elmendorf in support of Operation Enduring Freedom.

View the *Sourdough Sentinel* online at
www.elmendorf.af.mil/3Wing/Units/PA/Webdocs/Sourdough.htm.

Unit Compliance Inspection more than checklists

By Senior Master Sgt.

Eric Stenerson

3rd Wing Compliance Inspection Team

The 3rd Wing has passed the 90-day milestone in its countdown toward the 2006 Pacific Air Forces' Unit Compliance Inspection.

Members should be clearing up open checklist items and preparing their presentations. Don't forget to check regulations and instructions for revisions or changes. It is imperative to follow current guidance.

The Common Core Compliance Areas and Special Interest Items are often overlooked areas of the inspection. It is important to become familiar with these items as they could affect only one flight or every unit on base.

CCCA's represent key processes, procedures and requirements based on bylaw requirements, executive orders, Department of Defense directives, and Air Force, major command and applicable Air National Guard instructions.

SIIs provide a means to focus management attention, gather data, and evaluate the status of specific programs and conditions in the field. SIIs also provide feedback from the field that functional staffs use to enhance decision-making and policy adjustments.

The wing will be inspected on these CCCAs: intelligence oversight, transition assistance program, voting assistance program, sexual harassment education and prevention, and homosexual conduct policy.

It will also be inspected on the following Air Force SIIs: Air Expeditionary Force management and sexual assault response coordinator. PACAF SIIs consist of storage area network storage compliance, fuel mishap prevention and dormitory life safety code issues.

The Inspector General will use a three-tiered rating system when evaluating SIIs and for Air Force CCCAs, when CCCAs are rated separately or not incorporated into PACAF mission performance checklists. Ratings will be complies, complies with comment or does not comply.

The wing compliance inspection team has appointed points of contact who are subject matter experts for each of the CCCAs and SIIs. These POCs are responsible for these items and will provide checklists or guidance to ensure compliance.

For information on the CCCAs or SIIs or to contact the POCs refer to the UCI Web page, <https://portal/units/3WG/XP/UCI/default.spx>.



Home buying seminar

The Elmendorf Housing Office offers a home purchasing seminar Monday at 1 p.m. at 6346 Arctic Warrior Drive. The class lasts two to three hours. Seating is limited. For details or to make a reservation, call 552-4439 or 552-4328.

Bargain Shop

The Bargain Shop is closed Dec. 19-30 and Jan. 2. Consignments won’t be accepted this month. For details, call 753-6134.

Learn to fly

Registration for Private Pilot Ground School takes place Dec. 12-16, 9:30 a.m. to 2 p.m. at the Aero Club. Classes are every Tuesday and Thursday, between Jan. 3-Feb. 23 from 6 to 9 p.m. in Hangar 7. The class includes the \$350 course and \$255 book kit fees, which may be paid by check or credit card. Military members eligible for tuition assistance must go online to <https://afvec.langley.af.mil/Pages/home.aspx> to obtain an authorization form. The completed form and the book kit fee must be taken to the Aero Club at the time of registration. People attending the ground school are not required to be Aero Club members unless they are intending to fly at that time. For details, call 552-5435.

Renter’s Insurance

All Aurora Phase II residents are eligible for free renter’s insurance and may also receive \$8 credit per month if personal insurance is already in place. For details, call 753-1023.

Ice thickness

The 3rd Civil Engineer Squadron Environmental Flight measured the ice thickness on Lower Six-mile Lake at 8 inches, which is safe for foot traffic. Ice thickness can vary around and between the lakes. Use caution when accessing lakes.

Flu shots

At this time, the 3rd Medical Group does not have enough vaccination for all beneficiaries as they are still waiting for a final shipment of vaccination. The final influenza shipment is expected later this month. Therefore, in addition to active-duty members, the 3rd MDG is currently only vaccinating beneficiaries who are considered “high risk.” High risk beneficiaries are: – residents of long-term care facilities – people 2 to 64 years old with one or more conditions such as: heart disease; kidney disease; lung disease like asthma; metabolic disease like diabetes; blood disorders like anemia; a weakened

immune system caused, for example, by cancer, cancer treatment, HIV/AIDS or steroid therapy; or conditions such as neuromuscular disorders – people 65 years old or older – children 6 to 23 months – pregnant women – health-care members who provide direct patient care – household contacts and out-of-home caregivers of children under six months old For information, call immunizations at 580-2000.

Tax Volunteers

The Tax Center is seeking volunteers to help with the tax season. Training will take place Monday-Dec. 9 and volunteers can expect to spend four hours a week volunteering from late January through late April. For information, call Capt. Peter Kazar at 552-1993 or Tech Sgt. Ronald Johnson at 552-1869.

White House seeks applicants

Military members may apply for the White House Fellowship Program. Up to 19 people are selected each year to work full-time for one year as special assistants to senior executives in cabinet-level agencies or in the executive office of the president. Applicants must meet the following criteria:

- have 24 months time on station as of Aug. 1, 2006, or be returning from an overseas assignment from July 1-Aug. 31;
- have sufficient retainability to serve a three-year active-duty service commitment upon completion of the program; and
- be available for reassignment.

Applying Airmen must obtain written endorsement and authorization from the first colonel in their chain of command. They must have completed all developmental or professional military education appropriate to their rank. Also enlisted applicants must have an overall 5 rating on their last enlisted performance report.

Applications may be obtained by calling (202) 395-4522, express mail at (202) 606-1818 or by writing to:

President’s Commission on
White House Fellows
712 Jackson Place NW
Washington DC 20503

Completed packages, to include applications and endorsements, must be postmarked by Jan. 15 and sent to:

HQ AFPC/DPAPE
550 C St. West, Suite 32
Randolph AFB TX 78150-4734
For information, call Senior Master Sgt. David Carlson at 552-6890.

Christmas tree permits

The Wildlife Museum will start selling Christmas tree cutting permits Dec. 6 for \$5.

For Information, contact Bob Morris at 552-2436.

Icicles in housing

If you are experiencing hazardous icicles over entry or garage openings, call Aurora Military Family Housing at 753-1023 and they will send someone out to remove them.

Toys for Tots

The 3rd Wing Toys for Tots program is taking donations until Dec. 12. Boxes have been placed around the base in various units. The program is requesting unwrapped gifts for children under 16 years old.

Shuttle bus hours

The Elmendorf Shuttle will only stop running when road conditions are black.

The red road condition hours are 6 a.m. to 9 a.m. and 4 p.m. to 6 p.m.

For information, contact Vehicle Dispatch at 552-4475.

SNCO correspondence course change

Senior NCOs enrolled in Course 12 can now retest three days after a failed exam score has been posted. The previous requirement was 30 days.

For information, call Joseph O’Neil at 552-3164.

Housing survey

Aurora Military Family Housing is conducting a survey to determine what tenants feel are the most important quality of life improvements.

Contact Kenneth Michael at *kenneth.michael@elmendorf.af.mil* or at 552-1189.

Be sure to identify the area of housing you live in.

Last Sourdough Sentinel

The last issue of the Sourdough Sentinel of the year will be published Dec. 16. The first issue of 2006 will be Jan. 6.

Anyone wishing to publish information in that issue, must e-mail it to *sourdough.sentinell@elmendorf.af.mil* no later than Dec. 9.

Gift wrapping

The Arctic Oasis Community Center is offering professional gift wrapping. Costs are between \$3 and \$5 and includes bows, ribbons and gift tags.

For information, call 552-8529.

ALS/NCOA graduation

The next Airman Leadership School/NCO Academy graduation is Dec. 7, 1 p.m. in the base theater. The guest speaker will be Col. Scotty Lewis, 3rd Wing vice commander.

Jewelry sale

The 3rd Medical Group Booster Club is sponsoring a fashion jewelry sale at the hospital main lobby Monday and Tuesday, 9:30 a.m. to 2 p.m.

For information, contact Capt. Tess Clark at 580-1600.



Chapel Schedule

Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 5 p.m. at Chapel 2
- **Confession:** 4:30 p.m. Sundays at Chapel 2

Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.



PHOTO BY TECH. SGT. SHARON BALTAZAR

Staff Sgt. Vangie Miller

Organization and duty title: 3rd Civil Engineer Squadron, NCOIC of material acquisition
Hometown: St. Louis
Hobbies: Basketball, cooking and poetry
Mission contributions: Assures all materials needed by squadron members are met to support the base.
Time at Elmendorf: Two years, nine months
Time in the Air Force: 10 years, 10 months
Best part about being in Alaska: Providing my children an opportunity to see a different part of the world.
Supervisor’s comment: “Sergeant Miller does just about everything. She is the billing official for a \$1.6 million government purchase card account and \$4.5 million prime vendor account. Nothing gets accomplished in CE that doesn’t first come through her. She is extremely talented, dependable and devoted to the mission and her troops.” Master Sgt. Charles Parnell



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

Scott Rich

Organization and duty title: 3rd Wing Inspector General investigations and inquiries specialist
Hometown: Peshtigo, Wis.
Hobbies: Experiencing Alaska’s backcountry
Mission contributions: Ability to enhance mission readiness of the wing by implementing full-spectrum problem resolution of issues and concerns stemming from Elmendorf’s Arctic Warriors, base populace and Alaska’s entire civilian sector.
Time at Elmendorf: 12 years, four months
Time in the Air Force: 23 years
Best part about being in Alaska: Its weather, beauty and vastness
Supervisor’s comments: “Mr. Rich’s experience and reputation for excellence in managing personal complaints and congressional inquiries is recognized at the DoD IG level down to this wing. A true professional, dedicated to equity, policy compliance and investigating, he finds the grain of truth every time. (He) expertly acted as deputy IG during my recent deployment; critical to insuring prompt responses to complaints from Elmendorf personnel. You can trust this team player. Mr. Rich gets results when a complaint is filed and constantly advertises the Inspector General Program with all Airmen to ensure the mission readiness of the Arctic Warriors.” Col. David Jowers

Don’t let SAD get you down

Feeling down? Not getting enough sleep? Just don’t have motivation to do anything? If so, you may be experiencing some form of Seasonal Affective Disorder.

SAD symptoms can range from fatigue to carbohydrate cravings to depression. Decreased daylight may be the culprit causing these symptoms.

With Alaska’s winter ratio of daylight to darkness SAD has been a proven problem here. In fact, 1-in-10 Alaskans will have full blown SAD while 1-in-4 will experience at least some symptoms. You may not be the person suffering through this time of year, but someone you know could be.

There are many ways to combat the effects of SAD. People should get out of the house, engage in social activities, maintain a workout regimen, and keep a regular sleep schedule. A common method of treatment is also light therapy or the “happy lights” at the Health and Wellness Center.

These lights can be used for free and anonymously, but if you have questions regarding SAD or how to use the lights contact your health care provider or Life Skills. A doctor may also be able to prescribe medications to help with the symptoms.

People may also buy their own light box. There are a few things to keep in mind if considering this purchase: a full spectrum light is not needed, the intensity should be between 2,500-10,000 lux, and it can be found at most pharmacies or even home improvement stores. However, people should consider the cost. A good light box costs between \$150-\$500.

The holidays are a time for rejoicing but be on the lookout for those around you who may be experiencing these symptoms and most importantly look out for yourself. For details about SAD, visit www.nmha.org/infoctr/factsheets/27.cfm or call Life Skills staff at 580-2181 or the aeromedical safety office staff at 552-6738 or 552-6850.

(Courtesy of the 3rd Aerospace Medicine Squadron)



PHOTO BY TECH. SGT. JESS MCELROY

Deployed truck maintenance

Staff Sgt. Ryan Rumbley, 376th Expeditionary Logistics Readiness Squadron, takes a break from working on a truck. Sergeant Rumbley is a fire truck journeyman deployed from Elmendorf to Manas Air Base, Kyrgyzstan. According to Sergeant Rumbley, “The mission here at Manas is vital to our efforts throughout the Area of Responsibility, everything we do here impacts everybody else.” He added, “When it comes your time to go. (Remember) what we are doing is very important for our freedom, and for others. Every sacrifice we make now will only benefit our futures.”

Arctic Life

Great living in the great land



Girl Scouts give back to community, win award

By Janine Walters
Girl Scouts Troop 172

The Elmendorf Girl Scouts from Junior Troop 172 are giving back to the community by sewing chemotherapy hats and baby blankets for donation to the Elmendorf Hospital YMCA.

Because of their community service, the girls are being awarded the Girl Scout Bronze Award, which is the highest award a Junior Girl Scout can earn.

The award shows that they have made a promise to help others, improve their community and world,

and are the best they can be.

The girls picked a project that provides community service using a plan from the Junior Girl Scout Handbook and spent a minimum of 15 hours, including planning, to complete it.

They decided to make the chemotherapy hats after hearing about their leader's sister who had cancer several years ago and wore a hat similar to the ones they are making.

The fleece and flannel blankets are being made for the newest additions to Elmendorf.

Each hat and blanket will be presented with a handmade card of encouragement or congratulations.



PHOTOS BY STAFF SGT. SUELLYN NUCKOLLS

Clockwise from top: Tiffany Beck, junior troop 172, daughter of Master Sgt. Kevin Beck, 611th Civil Engineer Squadron, marks material so it can be cut and made into blankets for newborn babies. The Scouts are making the blankets and chemotherapy hats for the Elmendorf Hospital YMCA. The girls received the Girl Scout Bronze Award for their work.

Samantha Shie, daughter of Master Sgt. Thomas Shie, 3rd Aircraft Maintenance Squadron, sews a chemotherapy hat together. The scouts got the idea for the hats from their troop leader, whose sister received chemotherapy treatment and wore a similar hat.

Cori Pearson, wife of Technical Sgt. Chris Pearson, 3rd Logistics Readiness Squadron, helps Tori Soliday, daughter of Tech. Sgt. Guy Soliday, 3rd LRS, sew a blanket.

Emmalee Wooley, daughter of Tech. Sgt. Kevin Wooley, 517th Airlift Squadron, cuts material for the project.

*Junior
Troop*

172

Iditarod offers holiday meal for Elmendorf families



PHOTOS BY AIRMAN 1ST CLASS GARRETT HOTHAN



Clockwise from top left: Curtis Hipsak, a contractor with the 3rd Services Squadron, slices up turkey for the 2005 Iditarod Dining Facility Thanksgiving Meal. The dinner was for members and their families. Master Sgt. John Pranter and other members of the U.S. Air Force Band of the Pacific, add mood to the meal while patrons dine. The band played a variety of music for the event. Lt. Gen. Douglas M. Fraser, Alaskan Command commander, and his daughter Hannah, serve the hungry patrons. Gen. Fraser and other senior leaders pitched in to help. A cornucopia displaying a Thanksgiving theme, adds decor to the Iditarod Dining Facility. Brig. Gen. Hawk Carlisle, 3rd Wing commander, greets patrons as they decide what they want. The Iditarod offered a variety of choices for the diners. The sign greets customers as they come through the door. Gen. Carlisle serves Chase Matthes his dinner. Cover: Col. Marcel Major, Canadian component commander, helps Senior Airman Kacy Castro, 3rd Security Forces Squadron, box up food for the members working the base gates.



Air Force Colossal Cookie Challenge

Drop off
your favorite
cookie recipe
then bake up
a batch and
bring them to
the challenge
11 a.m.
Dec. 18
Arctic Oasis
Community
Center
552-8529

:::inside the fence

Give Parents a Break, Today, 7-11 p.m. at the Denali Child Development Center. 552-8304

Hula Lessons, Fridays, 4-5 p.m. for ages 4 to adult at the Arctic Oasis Community Center. 552-8529

Super Friday, 5-6 p.m. at The Cave and the Kashim Lounge. 753-3131

Southern Barbecue Buffets, Fridays, 5:30-8:30 p.m. at the Susitna Café. 753-3131

Snowmachine Trips, Fridays, 5 p.m. for \$35 at the Hillberg Ski Area. 552-4838

Open Bowling, Fridays, 5 p.m. at the Polar Bowl. 552-4108

Embroidered Angels, Today, 6-8 p.m. for \$35. Bring an item to embroider to the Arts and Crafts Center. 552-7012

Family Craft Time "Painting Ceramic Small Nativity Set," Fridays, 6:30-8:30 p.m. for \$10.50 per person at the Arts and Crafts Center. 552-7012

Xtreme Bowling, Saturdays, 9 p.m.-1 a.m. at the Polar Bowl. 552-4108

Kids Korner Christmas Crafts, Saturday, 1-4 p.m. for \$15 ages 3-10, at the Arts and Crafts Center. 552-7012

Hip Hop and Jazz Classes, Saturdays, 10-11 a.m. ages 4-18, for \$40 per month at the Arctic Oasis Community Center. 552-8529

Free Cross Country Ski

Waxing Clinics, Saturdays, 1 p.m. at Outdoor Recreation. 552-2023

Creative Holiday Scrapbooking, Saturday, 11 a.m.-3 p.m. for \$15. Beginners and experienced scrapbookers are welcome at the Arts and Crafts Center. 552-7012

Family Xtreme Bowling, Sundays, 1-8 p.m. at the Polar Bowl. 552-4108

Sunday Brunch, 10:30 a.m. to 1:30 p.m. at the Susitna Café. 753-3131

NFL Sunday Ticket, 8:30 a.m. at the Kashim Club. 753-3131

Framing and Engraving Shop Sale, Monday-Dec. 10, save 20 percent at the Arts and Crafts Center. 552-7012

Alternative Sports, Billiards begins Monday at 4 p.m. at the Youth Center. Costs \$5. 552-2266

Airmen's Bowling Special, Mondays, 5-9 p.m. 50 percent off games and shoes at the Polar Bowl. 552-4108

Football Frenzy, Mondays, 4 p.m. at the Kashim Club. 753-3131

Yoga Class, Tuesday and Thursday, 10-11 a.m. ages 13 and older for \$40 per month at the Arctic Oasis Community Center. 552-8529

Bowler Appreciation Nights, Tuesdays, 5-9 p.m. at the Polar Bowl. 552-4108

Holiday Necklace and Earrings Beading, Wednesday, 6:30-9 p.m. for

\$25 at the Arts and Crafts Center. 552-7012

New Parent Orientation, Wednesday, 9:30 a.m. at the CDCs. 552-8304

Ceramic Lighted Christmas Tree, Wednesday, 6:30-9 p.m. for \$48 at the Arts and Crafts Center. 552-7012

Ceramic Mother of Pearl Jesus, Mary and Joseph, Wednesday, 6:30-9 p.m. for \$35 at the Arts and Crafts Center. 552-7012

Wednesday Night Madness, 5-9 p.m. at the Polar Bowl. Up to five people bowl for \$18. Does not include shoes. 552-4108

Ceramics Pouring Certification, Thursday, 6:30-9 p.m. for \$25 at the Arts and Crafts Center. 552-7012

Morning Coffee Conversation, Thursdays, 10:30 a.m. This is a book club for spouses of deployed troops at the Arctic Oasis Community Center. 552-8529

Christmas Pin Bowling, Thursdays, 5-9 p.m. at the Polar Bowl. 552-4108

Holiday Winter Festival, Thursday, 6:30-8 p.m. at the School Age Program. 552-5091

Free Ski Passes for Family Members of Deployed Troops, Thursdays, 5-9 p.m. at the Hillberg Ski Area. 552-4838

Buy-One Get-One-Free Ski Passes, Thursdays at the Hillberg Ski Area. 552-4838

Dorm Dwellers free Ski Passes, 5-9 p.m. at the Hillberg Ski Area. 552-4838

MOVIE: Domino (R) Domino Harvey rejects her privileged Beverly Hills lifestyle as the daughter of a famous actor and a Ford agency model to become a bounty hunter in pursuit of society's nastiest criminals. 7 p.m.

:::sat

Snowmachine Trips, noon, 3 p.m. and 6 p.m. at the Hillberg Ski Area. 552-4838

MOVIE: Wallace & Gromit: Curse of the Were Rabbit (G) Wallace and Gromit are cashing in with their humane pest-control outfit, "Anti-Pesto." With only days to go before the annual Giant Vegetable Competition, business is booming, but Wallace and Gromit are finding out that running a "humane" pest control outfit has its drawbacks as their West Wallaby Street home fills to the brim with captive rabbits. 7 p.m.

:::sun

Cross Country Ski Lessons, 1 p.m. for \$5 or free with season rental or purchase at Outdoor Recreation. 552-2023

MOVIE: A History of Violence (R) Tom is a family man and well-respected citizen of a small Indiana town. But when two criminals show up at his diner, he is forced to take action and thwart the robbery attempt. Suddenly heralded as a hero who took the courage to stand up to crime, people look up to Tom as a man of high moral regard. But all that media attention has mobsters showing up at his doorstep, charging that Tom is someone else they've been looking for. 7 p.m.

:::fyi

Base Guest Passes are available for Club activities. They can be picked up at either the Kashim Club or the Susitna Club during regular business hours.

Munitions Drop!

By Capt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

- 1. Jam holder
- 4. Federal org. concerned with housing
- 7. Mas’ counterpart
- 10. Much
- 12. Boos
- 14. Portion
- 15. Sample of music
- 16. Spooky
- 17. Push toward
- 18. Afrikaans monkey
- 20. AIM-7
- 22. Actress ____-Margaret
- 23. Greek letters
- 24. USN equivalent to SJA
- 27. Air sovereignty mission since 9/11, in short
- 29. Oxidizes
- 33. USAF intel org.
- 34. Educate

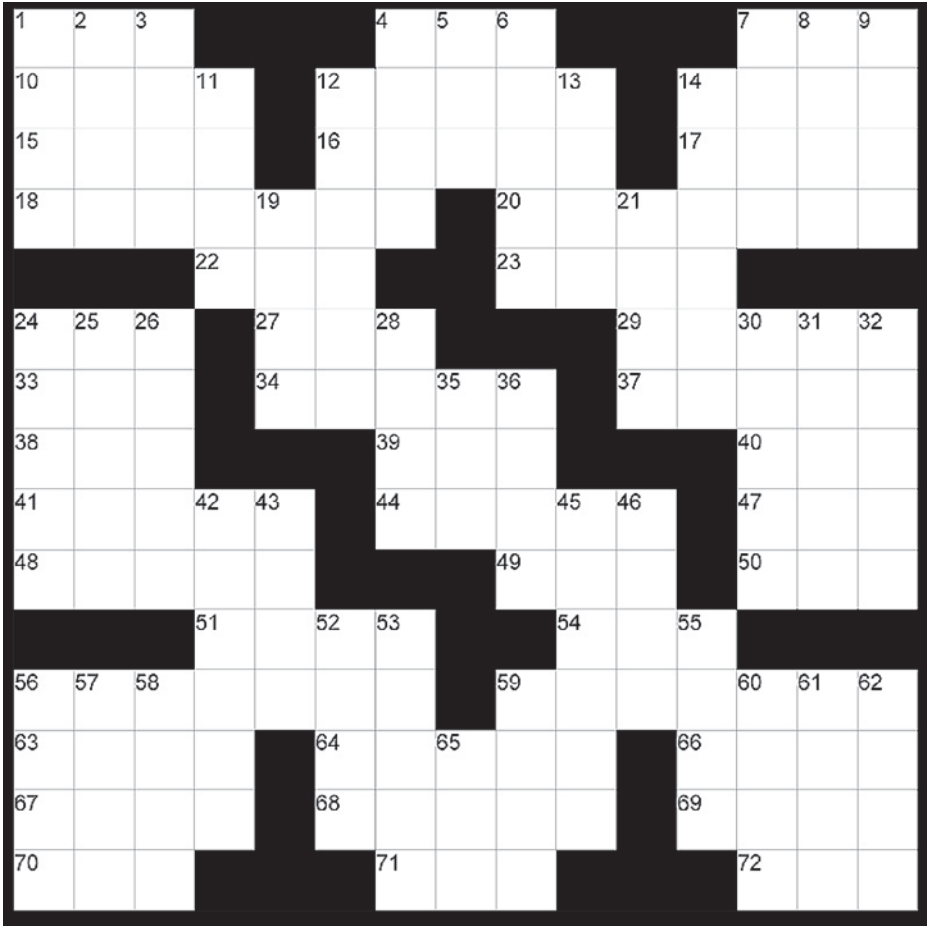
- 37. Culture “dish”
- 38. Fast plane, in short
- 39. Actor Stephen
- 40. Charged molecule
- 41. Spatters
- 44. Magnetic and true
- 47. Egg ____; Yuletide beverage
- 48. Deserve
- 49. Mil. duty status, perhaps
- 50. System used to direct some munitions, in short
- 51. Blue color
- 54. ____ the season...
- 56. MK-20
- 59. AGM-84
- 63. Stuntman Knevel
- 64. Singer John
- 66. Opera highlight
- 67. Package
- 68. Blunders
- 69. Sandwich shop
- 70. Everything
- 71. Affirmative
- 72. Popeye’s gal Olive



Last week’s solution

DOWN

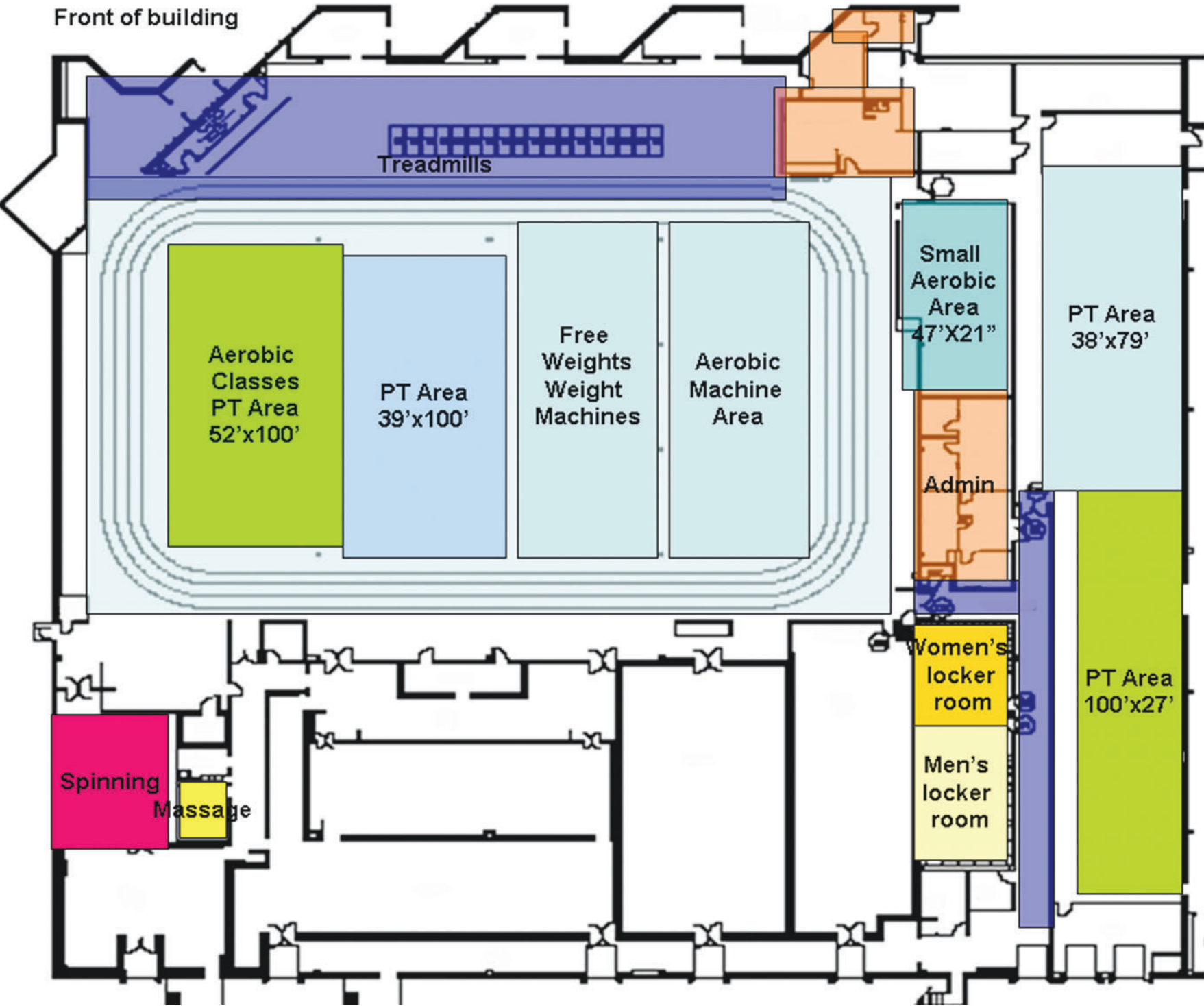
- 1. GBU-31/32
- 2. Away from the wind
- 3. City not built in a day
- 4. Measurement
- 5. Willis movie”Death Becomes ____”
- 6. Get up
- 7. Salmon during its first two years of life
- 8. Jason’s ship
- 9. Cooking dish
- 11. Repeated 3X for movie on Pearl Harbor
- 12. “People Will Talk” actress Crain



- 13. Fall mon.
- 14. Chase
- 19. Rope connection
- 21. Retiree’s org.
- 24. AGM-158
- 25. Corridor
- 26. CBU-89
- 28. Make pay
- 30. Twinge of pain
- 31. Nickname for Army individual
- 32. Croons
- 35. Co. head
- 36. AGM-88
- 42. In a ____; in a bind
- 43. Eye infection
- 45. HGM-25As
- 46. Head covering
- 52. Votes in favor
- 53. “Country Grammar” rapper
- 55. WWII aircraft
- 56. Singer McEntire
- 57. Track shape
- 58. Cubicle
- 59. Leaps
- 60. After school snack
- 61. Greasy
- 62. Wood fastener
- 65. Even

SPORTSPAGE

Temporary Fitness Center



The base Fitness Center will close Jan. 2 and will remain closed for approximately 18 months. A temporary fitness center will open in the old Commissary building across from the Arctic Oasis Community Center Jan. 11 with the current aerobic and weight training equipment as well as new equipment. In addition to the equipment, the facility will have a massage room, a spinning room, a small, carpeted group exercise room and men’s and women’s locker rooms which include four showers each. Besides the temporary facility, there are several other workout options. One option is the Ft. Richardson Fitness Center, which will be used for the next two intramural volleyball seasons and the 2006 basketball season. The basketball courts will also be available in the mornings on a first-come, first-serve basis. Other fitness options include: the Ft. Rich swimming pool, the Arctic Oasis, the dorms, the Youth Center and, for those who have access, mini-fitness centers located at the 381st Intelligence Squadron, Combat Alert Cell, Base Hospital, 19th Fighter Squadron, Fire Station One, 703rd Aircraft Maintenance Squadron and the 90th Fighter Squadron. For information, call 552-3504.

Feel the burn

Amie Torla, step aerobics instructor, leads a class Monday. The classes are offered Mondays, Wednesdays and Fridays at 5:30 p.m. at the Fitness Center.



PHOTOS BY AIRMAN 1ST CLASS GARRETT HOTHAN

Hillberg open

Hillberg Lodge is open for tubing, skiing and snowboarding.

Its hours are:
Thursdays 5-9 p.m.
Fridays 1-9 p.m.
Saturdays and Sundays
Noon-9 p.m.

Hillberg will be closed
Dec. 25 and Jan. 1.